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## HTN

- OD
- I
- P
- A
- R
- A
- **DD**

1. Renal
2. Endo (cushing conn hypo hyperthyroid acromegaly pheochromocytoma)
3. raised ICP
4. Coarctation of aorta
5. Hyperviscosity
6. Obesity
7. Drugs, alcohol, stress

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1. Renal

- Change in urine volume, colour, frothy urine, pus in urine, pain
- – Glomerulonephritis, CKD, Polycystic, Renal artery stenosis

2. Cushing ( wt gain but limb thinnig, striae, difficulty in combing climbing, recent dm, Steroid use )
3. conn ( muscle weakness, polyuria )
4. hypothyroid ( cold intolerance, dry skin, eye brow, constipation, lathargy )
5. hyperthyroid ( heat intolerance, tremors, palpitations, loose stools, sweating)
6. pheochromocytoma ( sweating, flushes, episodic with Headache palpitations panic )
7. acromegaly ( increase size of shoes, ring, collar, hemianopia, headache)
8. Raised ICP ( headache specially early morning accompanied with vomiting, on bending sneezing coughing, Double vision or blurring)
9. Coarctation of aorta ( legs thinner than arms )
10. Hyperviscosity ( headache, tinnitus, mucosal bleeds, pruritus)
11. stress
12. drugs, alcohol

- COMPLICATIONS ( End organ Damage)
  - CVA TIA, IHD, VISUAL, Peripheral vascular disease, renal, MAHA
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## SHORT CASE

- **General Inspection** - Cushing, Acromegaly, Polycythemia, Uremic
- Measure BP ( Palpatory method, Auscultatory method) - offer to compare BP in other arm
- **Pulse** ( Rate, Rhythm, Character, Volume, Collapsing Pulse, Radiofemoral comparison, Radio radial comparison)
- **Hands** and arms ( nails skin muscles joints flapping tremor palms)
- Large hands, rash, purpura, ulcer, Gangrene, joint wasting or deformities, paper thin skin, sweating, dryness, fine tremors
- Spade like hands ( acromegaly)
- Look for vasculitis changes ( rash, ulcers, gangreneous toes and fingers)
- **Face**
- Eyes for pallor jaundice plethora
- Cheeks Plethoric moon like ( Cushing)
- Thyroid swelling

### 1. Precordium

- Auscultation with focus on Murmur and S4

### 2. Abdomen

- Abdominal mass ( ADPKD, adrenal mass)
- Abdominal Aneurysm
- Renal Bruit

### 3. Legs

- peripheral pulses
- Check plantars

### 4. Chest

- 5. Offer Ophtalmoscopy, Standing BP
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